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(71) Applicant (for AL, AM, AT, AZ, BA, BE, BF, BG, BJ, BR, BY, CF, CG, CH, CI, CM, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, FR, GA, GE, GN, GQ, GR, GW, HR, HU, ID, IS, IT, JP, KG, KP, KR, KZ, LR, LT, LU, LV, MA, MC, MD, MG, MK, ML, MR, MX, MZ, NA, NE, NI, NL, NO, PH, PL, PT, RO, RU, SE, SI, SK, SN, SY, TD, TG, TJ, TM, TN, TR, UA, UZ, VN, YU only): UNILEVER N.V. [NL/NL]; Weena 455, NL-3013 AL Rotterdam (NL).

(71) Applicant (for AE, AG, AU, BB, BW, BZ, CA, CY, EG, GB, GD, GH, GM, IE, IL, KE, LC, LK, LS, MN, MW, NZ, OM, PG, SC, SD, SG, SL, SZ, TT, TZ, UG, VC, ZA, ZM, ZW only): UNILEVER PLC [GB/GB]; Unilever House, Blackfriars, London, Greater London EC4P 4BQ (GB).

(71) Applicant (for IN only): HINDUSTAN LEVER LIMITED [IN/IN]; Hindustan Lever House, 165/166 Backbay Reclamation, Mumbai 400 020, Maharashtra (IN).

(72) Inventors; and

(75) Inventors/Applicants (for US only): MORLEY, Wayne,

G [GB/GB]; Unilever Bestfoods UK, Brooke House, Manor Royal, Crawley, West Sussex RH10 9RQ (GB). THOMAS, Lucy [GB/GB]; Unilever Bestfoods UK, Brooke House, Manor Royal, Crawley, West Sussex RH10 9RQ (GB).

(74) Agent: TJON TIEN RIL, Hon, Kong, Guno; Unilever NV, Intellectual Property Group, Olivier van Noortlaan 120, NL-3133 AT Vlaardingen (NL).

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(54) Title: FOOD PRODUCT KIT

(57) Abstract: The invention provides a kit for preparing salads comprising at least one cooked ingredient and at least one fruit, vegetable or cereal product, wherein the kit comprises a cooking composition comprising less than 40%wt of fat and flavouring agents in an amount of from 5 to 100% by weight, based on the weight of the cooking composition, for cooking ingredient (I) and, a dressing comprising 60%wt or less fat for contacting with the at least one fruit, vegetable or cereal product. The kit provides an easy and convenient of preparing tasty, healthy salads comprising a cooked food ingredient. A method of making a salad using the kit and also the salad prepared from the kit is also provided.

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